



## PARENTS – DON'T FORGET TO TAKE CARE OF YOURSELF

During these unprecedented times, many people are unable to engage in their usual routines and activities. We no longer meet friends for coffee, go to the gym, or eat in a restaurant. Many families are experiencing hardships and difficulties we could not have imagined only a few months ago. There are many things out of our control, but, taking care of ourselves both mentally and physically is now more important than ever before.

### YOU ARE NOT ALONE

- Take time to reach out virtually or by phone to friends and family. We may be physically isolated; however, we do not need to be alone.
- Talk to a neighbor at a safe distance. You can still talk to a neighborhood friend in person by practicing safe social distancing of at least 6 feet.
- If you are concerned about your mental health, call the National Alliance on Mental Illness at 1-800-950-NAMI (6264). Do not be shy or embarrassed – everyone needs a little extra help sometimes, and there are people who can help.

### CARE FOR YOURSELF

- Create a new routine that mimics your old routine. If you got up and went to the gym each morning, get up and try a home workout each morning. If you got up and stopped at a coffee shop on the way to work, create an at home coffee spot with a special place to drink that first cup of coffee each day.
- Forgive yourself. Allow yourself to feel. You may be feeling upset, overwhelmed, and stressed. You may need to take a moment to acknowledge your feelings, maybe write them in a journal or express them in a drawing. A few minutes alone may be needed to regroup.
- Make sure you are eating and sleeping well.

- Limit alcohol consumption – while a glass of wine may help ease stress, overconsuming can spike anxiety and cause sleep and digestive problems.
- Drink plenty of water.

### TAKE A BREAK

- Take a break from watching and reading about the pandemic. While it is important to be aware of the current information on COVID-19, repeatedly hearing about the virus can be upsetting. You may need to step away from the news.
- Take a few minutes to rest and rejuvenate. Find a spot to sit, take a few deep breathes before returning to reality.
- Take a walk or jog.

### FIND YOUR OWN PEACE

- Think about what brings you joy and try to find time for it each day.
  - Write in a journal
  - Listen to your favorite music
  - Draw a picture
  - Do yoga
- Practice gratitude and reframe your thinking. No matter how stressful this time is, it could always be worse. Remind yourself you are safe at home – not stuck at home. Recognize the helpers in your community who are keeping essential services running, like delivery people and health care workers.

### KEEP MOVING

- Physical activity can help our state of mind. Go outside for a jog, jump rope in the back yard, or do jumping jacking in the kitchen. It doesn't matter what you do, just get moving.

